

Your Suitcase for Labor & Delivery

For Mom:

- Ⓢ Night gowns, Robe, Slippers
- Ⓢ Nursing Bras, Panties
- Ⓢ An outfit to wear home
- Ⓢ Hair Brush, Hair Dryer, Hair Care Products
- Ⓢ Deodorant, Special Soaps
- Ⓢ Make-up, Skin Care Products
- Ⓢ Toothbrush, Toothpaste
- Ⓢ Pillows & Pillow Cases (Prefer not to be white)
- Ⓢ Camera with extra film and batteries
- Ⓢ "To Call" Phone List
- Ⓢ Birthing Plan if preferred
- Ⓢ Hospital papers if needed
- Ⓢ Insurance Documentation
- Ⓢ Books or Magazines, Cards, Puzzles

For Partner/Spouse/Support Person:

- Ⓢ Snacks
- Ⓢ Reading Material
- Ⓢ Copy of Birthing Plan
- Ⓢ Telephone Lists

For Baby:

- Ⓢ Baby Book
- Ⓢ Clothes for Trip Home
- Ⓢ Special Outfit for Baby Pictures
- Ⓢ Car Seat (already installed in vehicle)
- Ⓢ Blankets, Nail File/Clippers, Socks, Bows